

Abstrak

HUBUNGAN ANTARA DAYA TERIMA MAKANAN,TINGKAT ASUPAN ZAT GIZI MAKRO DENGAN STATUS GIZI PADA SANTRI PUTRI DI ASRAMA SMPIT ASSYIFA BOARDING SCHOOL SUBANG

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Latar Belakang: Remaja merupakan aset bangsa agar terciptanya generasi yang memiliki sumber daya manusia yang berkualitas dan status gizi yang baik. Dalam hal tersebut, maka perlu asupan energi yang baik dan benar agar tercapai status gizi yang optimal. Sistem penyelenggaraan pendidikan pondok pesantren atau *boarding school* memiliki kurikulum yang mengharuskan para santri untuk tinggal di dalam pondok selama kegiatan belajar dilaksanakan. Pada Tahun 2015 di kota Subang status gizi remaja usia 13-15 tahun memiliki status gizi kurus sebanyak 3,01%, status gizi normal sebanyak 88,7%, dan berstatus gizi gemuk sebanyak 2,61%. Penelitian yang dilakukan oleh Ghina (2016), di BPPSA Subang status gizi remaja sebesar 8,9% kurus dan 11,1% gemuk.

Tujuan: Tujuan dari penelitian ini adalah mengetahui hubungan daya terima makanan, tingkat asupan zat gizi makro, dan status gizi pada santri di asrama SMPIT Assyifa *Boarding School* Subang.

Metodologi: Rancangan penelitian yang digunakan adalah studi analitik dengan *design Crosssectional*. Penelitian dilakukan di SMPIT As-Syifa *Boarding School* Subang. Jumlah sampel 91 orang untuk masing-masing kelompok diambil dengan teknik *simple random sampling*. Uji statistik menggunakan *Chi-square*.

Hasil: Tidak terdapat hubungan antara daya terima makan dengan status gizi pada santri putri di asrama SMPIT As-Syifa *Boarding school* Subang ($p=0,347$). Tidak terdapat hubungan antara tingkat asupan energi dengan status gizi pada santri putri di asrama SMPIT As-Syifa *Boarding school* Subang ($p=0,536$). Tidak terdapat hubungan antara tingkat asupan protein dengan status gizi pada santri putri di asrama SMPIT As-Syifa *Boarding school* Subang ($p=1,00$). Tidak terdapat hubungan antara tingkat asupan lemak dengan status gizi pada santri putri di asrama SMPIT As-Syifa *Boarding school* Subang ($p=1,00$). Tidak terdapat hubungan antara tingkat asupan karbohidrat dengan status gizi pada santri putri di asrama SMPIT As-Syifa *Boarding school* Subang ($p=0,366$).

Kesimpulan: Tidak terdapat hubungan antara tingkat asupan, tidak terdapat hubungan tingkat asupan protein, lemak, karbohidrat dengan status gizi pada santri putri di asrama SMPIT As-syifa *Boarding school* subang.

Kata Kunci: Tingkat Asupan, Status Gizi, Asrama Daya terima makanan

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RELATIONSHIP BETWEEN FOOD RECEIVABLES, LEVELS OF MACRO NUTRITION SUBSTANCE WITH NUTRITION STATUS IN SANTRI PUTRI IN SMPIT ASSYIFA BOARDING SCHOOL SUBANG

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Background: Adolescents are the nation's assets to create a generation that has good human resources and good nutritional status. In that case, it is necessary to have good and correct energy intake in order to achieve optimal nutritional status. The educational system for boarding schools has a curriculum that requires santri to stay in the hut during the learning activities carried out. In 2015 in the city of Subang, the nutritional status of adolescents aged 13-15 has a nutritional status of 3.01%, normal nutritional status 88.7%, and nutritional status as fat as 2.61%. The research conducted by Ghina (2016), in BPPSA Subang the nutritional status of adolescents was 8.9% thin and 11.1% fat.

Objective: The purpose of this study was to determine the relationship of food acceptability, level of macro nutrient intake, and nutritional status of students in the boarding school of Subang Junior High School Assyifa Boarding School.

Methodology: The study design was analytic with cross sectional design. The study was conducted at SMP-As-Syifa Boarding School Subang. The total sample of 91 people for each group was taken by simple random sampling technique. Statistical tests using Chi-square.

Results: There was no relationship between the acceptability of food and nutritional status of female students in the Boarding school Subang SMPIT As-Syifa dormitory ($p=0.437$). There was no relationship between the level of energy intake and nutritional status of female students in the Boarding school Subang SMPIT As-Syifa dormitory ($p=0.536$). There is no correlation between the level of protein intake and nutritional status of female students in As-Syifa Boarding school Subang ($p=1.00$). There is no correlation between the level of fat intake and nutritional status of female students in the Boarding school Subang SMPIT As-Syifa dormitory ($p=1.00$). There is no correlation between the level of carbohydrate intake and nutritional status in female students in Boarding School Subang SMPIT As-Syifa Boarding School ($p=0.336$).

Conclusion: There is no relationship between the level of intake. There is no correlation between the level of protein, fat, carbohydrate intake and nutritional status of female students in the SMPIT As-syifa boarding school subang.

Keywords: Intake, Nutritional Status, Dormitory Level, Acceptability of nutrition